



Recipe of the Week

Fresh Green Beans with Mushrooms and Almonds

-adapted from a Cooks.com recipe

Fresh green beans—enough for everyone	Butter or olive oil
Several pieces of bacon	1/2 tsp vermouth
1/4-1/2 cup water	Sliced almonds
Oyster mushrooms (about 1/3 the amount of beans)	Garlic salt

Fry bacon until crispy. Crumble bacon.

Rinse beans and pinch off the stem ends. Leave whole. Add beans and water to bacon drippings, and steam for 12 minutes. Set aside.

Slice mushrooms into strips about the width of the green beans. Brown mushrooms in butter or olive oil, add a 1/2 teaspoon of vermouth and a sprinkle of garlic salt. Gently mix in cooked beans.

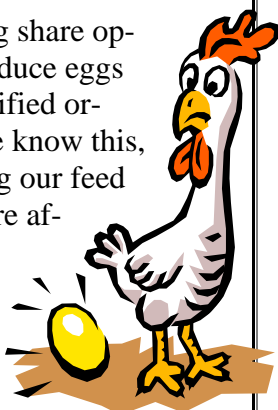
Toast almonds whole by placing in a shallow dry skillet over medium heat. Season with a sprinkle of garlic salt.

To serve, arrange beans and mushrooms on a serving dish, top with toasted almonds.

EGG CORNER

Based on member feedback, this year we expanded offerings to include, as separate egg share options, our certified organic Rachel's Eggs and PNS Farms Eggs. We're also excited to introduce eggs from our neighbors Abigail Farm and Kiss My Grass Farms, both of which, though not certified organic, are fed the same soy-free, non-GMO certified organic feed we use with our hens. We know this, because Bee Heaven Farm is the local distributor for Countryside Organics feed. Combining our feed requirements, we take advantage of pallet pricing on the feed, helping to make the eggs more affordable.

Because there are several types of egg options, we are putting YOUR NAME on your egg share, so LOOK for it. Please don't take someone else's eggs, and make sure anyone picking up for you knows this!



Tidbits **Going out of town?** Please make arrangements for someone to pick up your share. If you must abandon it that week, please let your site host know so they can find a home for it before it spoils.

Find past newsletters online! Go to www.redlandorganics.com, click on CSA, then Newsletters. Use the search box to search 10 years of information on crops & recipes.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com

Visit our **blogs:** www.redlandrambles.com, and www.beeheavenfarm.wordpress.com. In those blogs, you'll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.



Farm News

Welcome!

We're excited to start the season. This is our 11th season providing our multi-farm CSA to our members in the Southeast Florida area. Over the years we've experienced explosive growth, attrition, funky weather, droughts, excessive rains, hurricanes, freezes, economic fluctuations, and a host of other challenges. All these things keep us on our toes, always searching for new crops and better ways of growing.

This year we're introducing the ability to order additional items on our webstore to be delivered along with your share. These could be staples like our dried Fruits of Summer, or other veggies that may not be included in your share because we don't have enough for everybody. This will allow CSA mem-

bers who live too far away from the farmers market a chance to shop with the convenience of delivery to your pickup site.

Don't worry—we're still going to send an eXtras box when we have an overabundance of some of the share items.

What's Inside My Box?

Look inside on pages 2-3

Once we finish packing the shares on Friday evenings, our farm Photo-Woofer/chronicler Marian posts a picture of the share box on the Redland Rambles blog (redlandrambles.com).

Need recipes or tips?

We have them!

Every week we feature one or two share items, with interesting information or use tips. We also include recipes incorporating one or more share items to help you get creative with your share.



Farmers Market

Schedule

Sundays 9am-2pm

Pincrest Gardens

SW 110th St & 57th Ave

Dec 2, 9, 16

Then every Sunday starting

Jan 6 thru April 28



Please note!

There is no share delivery

NEXT WEEK

(Nov 24-25).

Shares resume

December 1-2

Would you like to know more about any share item, including more tips and recipes? We have 10 seasons on line in our newsletter archive. Our handy search function lets you enter any search term and finds all mentions of it in the archive. Just use the link below or scan the QR code to start your search.

<http://tinyurl.com/bqu2l4f>



It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Oyster Mushrooms After a hiatus of nearly two years, Paradise Farms is again producing these awesome mushrooms, just in time for Thanksgiving. Use these nutritious meaty mushrooms to make a tasty dressing for your turkey, tofurky, or whatever your centerpiece dish might be. Try them in the green bean recipe featured on page 4-delicious!

Green beans What's a Thanksgiving without fresh green beans? Whether you're a traditionalist who cannot imagine turkey without a green bean casserole topped with crunchy fried onions, or a 'healthy eating' fan, preferring minimally-processed or raw, lightly-trimmed whole beans, lightly dressed—or something in-between... freshly-harvested green beans have canned or frozen beans beat.

Dan at Homestead Organic Farms times his first harvest to supply the country with certified organic green snap beans grown right here in our Redland farming area. His Thanksgiving harvest sells out fast. We're lucky to get them!

Nylon Cinch CSA Bags Grown in our nylon patch out back, you'll find many uses for these washable bags.



Family Share



Mediterranean Share



Small Share

What does it look like? Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!...

About the shares... There are two sizes of box, labeled FAMILY & SMALL. Please make sure you've taken the correct size. Please make sure you're taking ONLY what belongs to you. Options and special orders have YOUR NAME on them. We usually (but not always!) have an eXTRAs box. Feel free to put something in, or take something out. Food miles is the distance (as the crow flies) from BHF.

Food Miles	What's in my share box today?
<i>From BHF</i>	<i>NOTE: A family share is NOT the same as 2 small shares!</i>
130	Lettuce (assorted varieties) (WF) - All: 1
130	Bok Choy (WF) - All: 1
3	Green Beans (HOFI) - Family: 1.9 lbs / Small: 0.9 lb
130	Cucumbers (WF) - Family: 2 / Small: 1
4	Oyster Mushrooms (PFO) - Family shares: 6.4 oz / Small shares: 4 oz
130	White Asian Salad Turnips (WF) - Family: 1 bunch / Small: 1/2 bunch
125	Grape Tomatoes (LMF) - All: 1 pint
130	Scallions (WF) - Family: 1 bunch / Small: 1/2 bunch
250	Hamlin Oranges (UM) - Family: 6 / Small: 3
1.5	Monroe Avocados (WO) - All: 1
0	Washable Nylon Cinch CSA bags - Family: 2 / Small: 1
	☹ Xtras - none this week
0	Egg shares are an add-on option ONLY for those who paid for them!
3	Mediterranean Shares go out every other week, starting this week—Baba Ghanoush
0	Honey & Pollen Shares go out on the first week of each month, starting December 1-2
88 / 79	Salt & Rice Shares go out on the first week of each month, starting December 1-2
	<i>Please remember to return your gently-flattened box each week—directions can be found at www.redlandorganics.com/CSAboxes.htm. Or bring a bag and transfer your share when you pick it up – then flatten your box and go!</i>

Which farms supplied this week's shares? - farms are located in the South Florida area

WF*= Worden Farm; BHF*= Bee Heaven Farm; PFO*=Paradise Farms Organic; HOFI*=Homestead Organic Farms, UM=Uncle Matt's Organics; KNF=Lady Moon Farm; WO=Wyndham Organics; PNS=PNS Farms; KMG=Kiss My Grass Farms**; AF=Abigail Farms**

*Redland Organics founders & grower members; **not certified, naturally-grown

**Please note: There is no share delivery NEXT WEEK.
Shares resume December 1-2.**